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# Empowering Counseling Program Description

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## Empowering Counseling Program Description

*“Poverty is the absence of all human rights. The frustrations, hostility and anger generated by abject poverty cannot sustain peace in any society. For building stable peace we must find ways to provide opportunities for people to live decent lives.”*  
*“Once the poor can unleash their energy and creativity, poverty will disappear very quickly.” (Muhammad Yunus, Nobel Prize Lecture, 2006)*

The Empowering Counseling Program partners with residents, schools, churches, and social service providers in the Bronzeville and Woodlawn communities to:

- 1) Provide quality, school-based clinical social work services that profoundly disadvantaged African-American children and youth value, to foster the clients’ access to opportunities, development of leadership and relationship skills, and abilities to cope with the manifold crises they experience;
- 2) Provide M.S.W. and B.S.W. social work interns with the opportunity to learn about providing clinical social work services for profoundly disadvantaged youth by offering individual and group counseling, program leadership and development, and clinical social work research;
- 3) Provide Doctoral social work students and alumni the opportunity to develop their skills in clinical supervision of social work interns and contributing to research about the Program’s activities,

The Empowering Counseling Program aims to maximize the creativity and leadership skills of social work students and the child and youth clients. We provide all with the chance to unite in solidarity to respond creatively to the formidable problems of poverty, racial discrimination, community violence, educational disadvantage, and social exclusion.

To accomplish these goals, the Empowering Counseling Program provides intensive supervisory support for social work interns and enlists the child and youth clients as well as the interns in ongoing evaluation and input into the structure and services of the program. The Program was given its name by its student founders, and has by 2012 served more than 500 children and youth and trained 36 social workers.

Social work interns are placed in preschool-grade 12 schools in the Bronzeville and Woodlawn communities, depending on students’ interests. Students provide counseling and advocacy services in the school. They also are instructors and counselors for youth in our Stand Up Help Out and CRIME programs (see [standuphelpout.org](http://standuphelpout.org)). Steady improvement of our programs based on client feedback has resulted in 99% attendance rates for children and youth in the counseling program, and 99% attendance rates for youth in our Stand Up Help Out after school program.

Research about program services is in a participatory action model, studying both effective service models and topics youth identify as important, such as sustaining their hope and developing their compassion. Youth and students evaluate their programs as interviewers and as analysts of program evaluation data. They also participate as co-

authors in the ongoing research projects. Participating youth have written a book for helping professionals and a children's book (see [crimeteens.com](http://crimeteens.com)).

Services are designed using a combination of self-determination and trauma theories, in an overall psychodynamic, ecological, and culturally-sensitive context. Theories are applied flexibly and reflexively developed so as to be maximally responsive to the motives and needs of each individual client.

We greatly appreciate the support of our funders, After School Matters, the Illinois Violence Prevention Authority, the Gabe Miller Memorial Foundation, the McCormick-Tribune Foundation, and Loyola University Faculty Development Awards, for providing us with more than \$450,000 in funding for our programs and research since 2006.



Principal Sonja Spiller of  
Jackie Robinson School

## Photo Documentaries (selection)

Stand Up Help Out Community Mapping for  
Strengths and Needs in Bronzeville  
Community Forum: SUHO Youth Present and  
Lead Discussion of Findings  
Summer, 2010

Proud Apprentices  
King Sami (now at Florida State  
University and co-authoring papers  
on Compassion with us) and  
Kenyatti Hellum (still in SUHO)

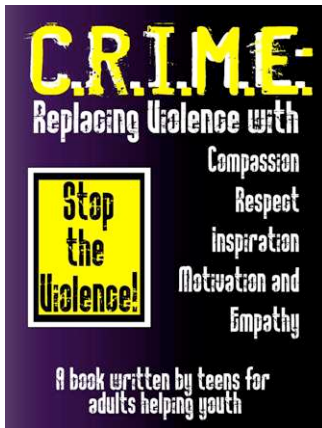
### SUHO Youth Present Findings



### Audience Discussion







Book: *C.R.I.M.E. Replacing Violence with Compassion, Respect, Inspiration, Motivation and Empathy*

Description: *C.R.I.M.E. Replacing Violence with Compassion, Respect, Inspiration, Motivation, and Empathy* is a book that offers a novel perspective on violence prevention. C.R.I.M.E. is a youth-led project with the mission of helping adults and children to become more in touch with their innate capacity for human connectedness rather than destructive motives seen in aggression and violence. The C.R.I.M.E. teens have developed and made presentations about violence prevention to youth groups, created a training DVD and workbook on violence prevention, and written this book with their adult mentors.

**Cost: \$17.95**

All C.R.I.M.E. book proceeds go towards a college scholarship fund for C.R.I.M.E. teens  
Amount of Copies Requested: \_\_\_\_\_ x \$17.95 = \_\_\_\_\_ Total

You can also purchase C.R.I.M.E. by credit card online at: [www.amazon.com](http://www.amazon.com)

**Please make check or money order payable to:** Loyola University Chicago (Please put "C.R.I.M.E." in the memo section of the check.)

**Mail to:**

C.R.I.M.E.  
c/o Professor Katherine Tyson McCreary  
School of Social Work  
820 N. Michigan Ave.  
Chicago, IL 60611



Your C.R.I.M.E. order will be mailed within 30 days of receipt of payment at no additional cost.

**Ship to:**

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City, State, Zip

\_\_\_\_\_  
Phone

\_\_\_\_\_  
E-mail



## Photo Documentaries, 2011: Stand Up Help Out Youth in CRIME Project

Desiree Tellis with CRIME book (she now attends DePaul University)

Daria Siler  
(now at Grand Valley State University  
and a co-author of one of our papers  
under review for publication)



CRIME youth presenting their book  
at Hyde Park Book Fair  
(with K.T. McCrea's three children)



## Hyde Park Neighborhood Club Presentation

Kenyatti Hellum  
(still attends Stand Up Help Out)  
with Kwame Raoul



and Arne Duncan

Invitation  
To Youth-led Bronzeville Community Forum for Protecting Youth  
and Preventing Youth Violence:  
*Voices of We who are Violence-Free*

March 30, 2011

Greetings,

You have expressed an interest in supporting youth and changing community violence, so we, the youth of Stand Up Help Out! in Bronzeville, are writing to invite you to an upcoming youth-led community forum that is right up your alley. Because there were four drive-by shootings that threatened us when we were going to and from our Stand Up Help Out! program this winter, we are putting on a community forum called: ***Voices of We who are Violence-Free.*** The public forum will share a special focus on community violence and working together actively to find ways to protect youth and reduce community violence. **We will be the leaders.**

The Stand Up Help Out program is a youth-led organization funded by After School Matters (see [www.standuphelpout.org](http://www.standuphelpout.org)). We mentor children, learn about human development and relationships, pursue our personal and college dreams, and teach others about ways to be compassionate, empowered, and inspired individuals, mentors, and community members.

Please hear one of us:

“Recently, I was an innocent bystander in a drive-by shooting. I was ruined by my experience. The shooting was so close that I could feel the bullets passing by me. This incident was treated like a part of every day life, and it shouldn’t have been. Luckily for me, I survived this incident, but for the sake of other children imagine if I hadn’t. I would just be another case where this incident wasn’t even reported in the headlines. I could have been any student, employee, or child of yours who was shot, so think about those neighborhood children who travel the same route. I was located on 51<sup>st</sup> street and Cottage Grove waiting on the number 15 bus stop on February 14, 2011. There is an elementary school named Reavis school at least a block away and many of the students were being let out of their after school programs. Most of them walk or travel by bus to get home. I strongly feel the necessary precautions need to be taken to make these children and people of the neighborhood safe.

As legislators, principals, teachers, and citizens, we need to advocate for better patrol, safety plans, and transportation for students. It is our duty to be aware and take action on things that may harm the next person and understand that maybe it could be you one day...Our slogan is *Pass on the Peace*. Join us in our attempt to end violence through advocacy.”

Another of us wrote,

“This letter is being written due to dealing with all the crime that has occurred this past year. There have been multiple killings in the city of Chicago. This is very frustrating and hurtful to see that many teens are losing their lives over stupidity...Many can't go out their door step without being scared and having to look over their shoulders every few seconds. I am very angry to see such innocent people losing their lives and some haven't even reached the age of 17 because of violence. We need better neighborhood safety for our children. 30 people are dying within 2 weeks and it seems like no one is here to help us. We need to STAND UP and STOP the violence.”

We are inviting any and all: educators, students, parents, public service figures, social service providers, spiritual leaders, and any other interested parties or concerned citizens to please both come and support our work, and to join with us in bringing about positive community responses and an end to the violence plaguing Chicago youth.

**Voices of We who are Violence Free will take place on  
Tuesday, April 12, 2011 from 6:00 – 7:30 at  
West Point Baptist Church  
3566-72 S. Cottage Grove Ave  
Chicago, IL**

A simple dinner will be served, so please let us know if you can attend.

FOR ADDITIONAL INFORMATION and to contact us, please feel free to email our program director, Rachel Kibblesmith, M.S.W., at [rkibble@luc.edu](mailto:rkibble@luc.edu), or call Professor Katherine Tyson McCrea of Loyola University School of Social Work, PI of our project, at 312-915-7028.

Thank you for your consideration in reading this! And please feel free to pass along this information.

**We Need Your Presence and Your Voice to Help Make a Change!**

Epilogue: Over 150 community members (including community leaders from the Chicago Public Schools, Churches, the Chicago Police Department, Cook County Crime Stoppers, and social service organizations such as the Center for New Horizons and the Salvation Army) attended and supported the SUHO youth who described their experiences with violence and what we all could do about stopping the violence.



## Current Stand Up Help Out After School Program Emphasis: Love your Love Life

While important efforts have been made in empowering disadvantaged, urban African-American youth to respond constructively to the significant obstacles they face when striving to make healthy decisions about romantic and sexual involvements, still these youth are at much greater risk for sexually transmitted diseases, unplanned pregnancies, trafficking and prostitution, and dating-related violence than more privileged youth. Moreover, previous psycho-educational programs report little impact on youths' actual decisions, and none have been authored by and instructed by Black youth. *Love your Love Life* arose as Stand Up Help Out youth inspired each other to enable Black youth 1) to develop their own best practices model for promoting their peers' healthy decision making, and 2) to examine whether when Black youth empower each other, they can be more effective in helping their peers make healthy choices than programs led by adults. The youth have authored a book (front matter below), a workbook, and will be making presentations for community youth in Spring, 2013, developing their best practices model for helping Black youth help each other to *Love your Love Life*.

## Stand Up Help Out Youth Summer, 2012



# The Stand Up Help Out Guide to How to Love Your Love Life

2012

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